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Eat for Life: The Food and Nutrition Board's Guide to Reducing Your Risk of Chronic Disease — Catherine E. Woteki and Paul R. Thomas, eds. This authoritative and easy-to-read book for consumers is the product of a consensus of nutrition scientists in their effort to determine healthful and unhealthful eating habits. The heart of the book is a nine-point dietary plan to reduce the risk of diet-related chronic diseases, such as heart disease, cancer, osteoporosis, and obesity. The book includes practical recommendations for building healthful eating patterns, as well as tips on shopping, cooking, and eating out. Originally published in hardcover in 1992. Harper-Perennial, 1993, 179 p., paperback, \$10.00.

Flying Buttresses, Entropy, and O-Rings: The World of an Engineer — James L. Adams. Technology is a cornerstone of our society, but how many nonengineers understand the processes that make technological advances more than just interesting ideas? In this engaging book, the author of *Conceptual Blockbusting* introduces the world of engineering, from the origins of problems to design and invention; mathematics; science and research; development, testing, and failure; manufacturing and business; and regulation. Originally published in hardcover in 1991. Harvard U Pr., 1993, 264 p., illus., paperback, \$14.95.

Making Silent Stones Speak: Human Evolution and the Dawn of Technology — Kathy D. Schick and Nicholas Toth. Two renowned anthropologists provide an insightful look at the kinds of tools and technology used and crafted by ancient humans and the answers these instruments can provide to questions about human evolution. As a result of extensive digs in Eastern Africa, the authors determined that technology enabled hominids to advance their species. For example, once hominids learned to fashion stones into weapons, they began to stalk and slaughter animals, thus advancing themselves into a stronger breed: carnivores. The lives of ancient humans and their advances through the use of tools are recounted in readable prose. S&S, 1993, 351 p., b&w photos and illus., hardcover, \$25.00.

The Power of Place: How Our Surroundings Shape Our Thoughts, Emotions, and Actions — Winifred Gallagher. Within these pages, Freud's concept of looking inward to heal the mind and body is defied. The author returns to an older concept that a change of atmosphere may truly be a healing power and an important factor in the physical and mental well-being of mankind. She feels that science has forgotten and humans now ignore this concept as people move toward an artificial world away from the innate biological one of their ancestors. Freud began the trend when he surmised that humans needed to look inward to solve their problems and not run away from them. Here Gallagher explores many aspects of environment, such as the change of the seasons, light, waking at dawn, sleeping at sunset, and temperature. Poseidon Pr., 1993, 240 p., hardcover, \$22.00.

Understanding Science: An Introduction to Concepts and Issues — Arthur N. Strahler. This could be the text for Science Appreciation 101. Strahler focuses on the philosophy of science as it relates to its practitioners and lay people alike. He also shows how science relates to other fields such as philosophy and religion. Some chapter titles include: The Nature of Science; Prediction, Testing, Corroboration, and Falsification; Determinism, Randomness, Chaos, and Quantum Mechanics; The Nature and Place of Logic and Mathematics; Ethics, Aesthetics, and Ideologies. Prometheus Bks, 1992, 409 p., hardcover, \$25.95.

Visions of Caliban: On Chimpanzees and People — Dale Peterson and Jane Goodall. Shakespeare's central character in *The Tempest*, Caliban — who is neither man nor beast — comes to life once again in this account of the authors' experiences with the endangered chimpanzee. Because of its genetic similarities to humans, no other animal has been so thoroughly studied or perhaps as exploited as the chimpanzee. The authors explore the symmetry between humans and chimps and further discuss how that has jeopardized the chimp's existence. Conservation issues surrounding the wild chimp and the ethical issues associated with captive primates are also examined. HM, 1993, 367 p., color photos, hardcover, \$22.95.

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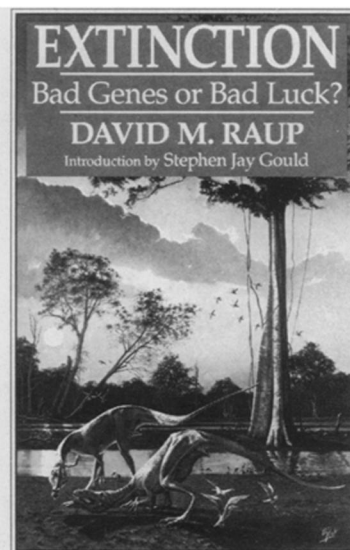
Extinction: Bad Genes or Bad Luck? is an accessible primer for an exciting and rapidly expanding field of study: the extinction of species on Earth.

In the geologic record, there are five major mass extinctions — the "Big Five." The most famous happened at the end of the Cretaceous Period, when the dinosaurs and two-thirds of all marine animal species were wiped out, opening the door for the age of mammals and the rise of *Homo sapiens*. Using this example as a springboard, David M. Raup leaps into an engaging discussion of the theories, assumptions and difficulties associated with the science of species extinction.

From the traditional theory of climate change to the controversial meteorite impact theory, Raup carefully investigates each possibility, providing statistical evidence based on computer analysis to support his conclusions. At the end of the journey, Raup has put forward the best science of the day to answer the question posed in the title: do species survive or die through any inherent fault — bad genes — or through the sheer bad luck of the randomness of life? Here is an answer to be pondered by all who live in an anthropomorphic and egocentric world.

— from *WW Norton*

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Extinction

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— *Publishers Weekly*

W.W. Norton, 1992, 210 pages, 5 1/4" x 8 1/4", paperback, \$9.95